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JANUARY 2007

Rocky Mountain Monthly

IESNA ROCKY MOUNTAIN SECTION

WWW.IESRMS.ORG

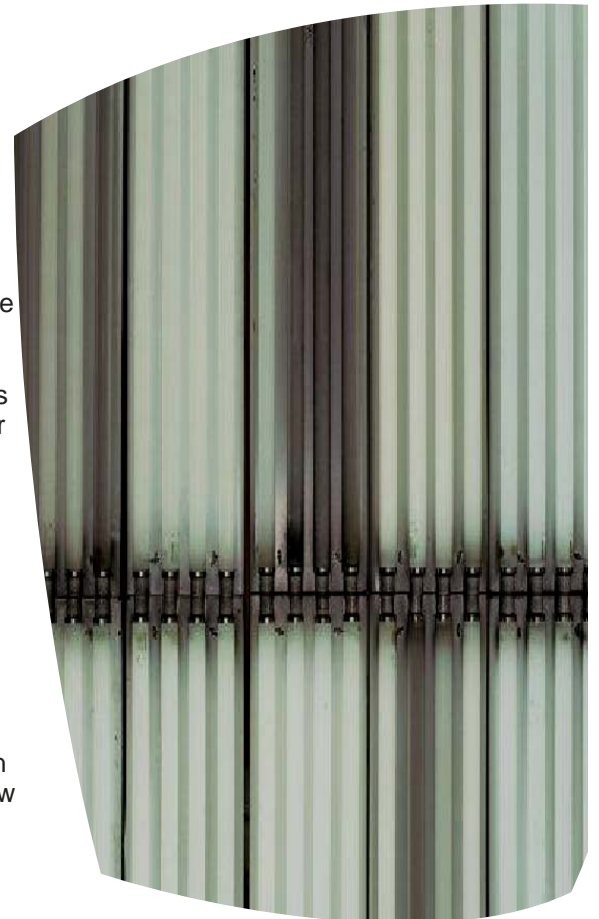
Light and Health at the start of the 21st Century

How often do we discover a new human sensory organ? Well, it's already happened in the 21st century. Recent research into the ways humans respond to light has indicated that the current practices of lighting must be reviewed and probably revised.

This is particularly true for the way outdoor lighting is designed and "contained" in order to minimize undesirable impacts while providing the desired illumination. David Keith will present information on what is known at present and what is still undetermined about the interaction of light and health. The impacts on lighting designs and the design profession will be covered, including time for questions and contributions from the audience.

David is a lighting consultant with over twenty years' experience in design, research and education. He has taught lighting classes for students ranging from grade-schoolers to professionals, and was the editor for the section on exterior lighting in the IESNA Lighting Fundamentals course.

He has been a member of the IESNA Roadway Lighting Committee since 1987 and was named a Fellow of the IESNA in 2002. Currently he also serves as lighting instructor in the interior design program at the Rocky Mountain College of Art and Design and on the IESNA Technical Review Council.



Register for this meeting right now!



Click here to be automatically directed to the registration website.

LIGHT & HEALTH MEETING DETAILS

Date: Tuesday, January 9, 2006

Location: Original Brooklyn's
2644 West Colfax Avenue

Time: 5:30pm

DIRECTIONS?

CLICK HERE



Cost: \$15 members; \$25 non-members

Deadline for RSVP is Monday, January 8

Wisdom,

Wonders,

and

Wit

Spectral Sensitivity of the Circadian System

abstract from an article by Mariana Figueiro, John Bullough, and Mark Rea

Light exposure regulates several circadian functions in normal humans including the sleep-wake cycle. Individuals with Alzheimer's Disease (AD) often do not have regular patterns of activity and rest, but, rather, experience random periods of sleep and agitation during both day and night. Bright light during the day and darkness at night has been shown to consolidate activity periods during the day and rest periods at night in AD patients. The important characteristics of bright light exposure (quantity, spectrum, distribution, timing and duration) for achieving these results in AD patients is not yet understood.

Recent research has shown that moderate (~18 lx at the cornea) blue (~470 nm) light is effective at suppressing melatonin in normal humans. It was hypothesized that blue light applied just before AD patients retire to their beds for the night would have a measurable impact on their behavior. A pilot study was conducted for 30 days in a senior health care facility using four individuals diagnosed with mild to moderate levels of dementia. Four AD patients were exposed to arrays of blue light from light emitting diodes (max wavelength = 470 nm) in two-hour sessions (18:00 to 20:00 hours) for 10 days. As a control, they were exposed to red light (max wavelength = 640 nm) in two-hour sessions for 10 days prior to the blue light exposure.

Despite the modest sample size, exposure to blue LEDs has shown to affect sleep quality and median body temperature peak of these AD patients. Median body temperature peak was delayed by approximately 2 hours after exposure to blue LEDs compared to exposure to red LEDs and sleep quality was improved. This pilot study demonstrated that light, especially LEDs, can be an important contribution to helping AD patients regulate their circadian functions.



For more information, click here to view the entire article.

Tabletop Opportunities for February Section Meeting

With the upcoming section meeting in February covering LED Technology, we are offering the opportunity for

manufacturers, vendors, and representatives to showcase their LED products. Tabletop space will be available to a

limited number of participants to show off their latest technology, products and services.

Please send an inquiry e-mail expressing your interest to info@iesrms.org.

An IES Board Member will then contact you to arrange for your space.

Remember, space is limited, so be sure to request your table immediately!



EDUCATION
INFORMATION

ED-100 Class Now Offered

The Rocky Mountain section is offering the ED-100 Fundamental Lighting course as part of the ongoing efforts of the IESNA to promote education in the art and science of lighting.

The ED-100 course is an introductory survey of the principal issues in lighting. Vision, color, and the physiology of the eye are included, as well as basic illumination terminology. Sources, photometry, and calculations are discussed, and further information about economics and specific applications will be provided. The course materials are included with the registration fee and available to early registrants for advance study. *The Ready Reference*, a great desktop book, is also included.

The instructors will be David Keith and Scott Payne, with additional guest instructors and an extensive set of samples and demonstrations.

Dates are yet to be determined, based on interest and schedules. This course will occur sometime in March.

At this time, we are requesting those who have an interest in this course to notify us via e-mail, so that we can get an estimate of the number of attendees.

Questions, comments, and inquiries can be e-mailed to educate@iesrms.org.



Grand Central Lights Up!

"The Grand Central Kaleidoscope" will be a spectacular experience for all who enter the Main Concourse of Grand Central Terminal in New York - commuters, tourists, adults, children and families.



Patterns created from iconic elements of Grand Central Terminal building itself as well as of New York and Grand Central's railroad connections will perform a festive 'procession' on the longitudinal walls and pillars of Grand Central Terminal's Main Concourse.

This seven minute light show, featuring the music of Johann Sebastian Bach, Pjotr Iljitsch Tschaiowski and others, will begin at the top and at the bottom of every hour with a static image in between.

WEB LINK

Click the link to go right to the site!

www.ANSI.org

A premier, online source for timely, relevant and accurate information on national, regional and international standards and conformity assessment issues.

www.DARKSKY.org

The International Dark-Sky Association, IDA's goal is to be effective in stopping the adverse environmental impact of light pollution and space debris.

www.nalmco.org

NALMCO is a non-profit trade association committed to promoting professional lighting management techniques, the benefits of quality lighting and to fostering the expansion of the lighting management industry in a professional and ethical manner for the benefits of its members and end users

www.NuckollsFund.org

The Nuckolls Fund for Lighting Education is an endowment fund that gives annual grants in support of college-level programs that inspire students with an understanding of light in architecture.

www.IALD.org

IALD's vision: To set global standard for lighting design excellence.
IALD's mission: To serve worldwide members by promoting the practice of excellent lighting.

Important IIDA Dates and Deadlines

January 12, 2007 IIDA project entries and \$25.00 fee (One check per entry) due at Section level.

Send your nominations to:

Leo Mendoza, IIDA Chair
Creative Illumination Inc.
1298 S. Kalamath Street
Denver, CO 80223

February 9, 2007 Section judging completed and all projects qualifying for further judging are due to the Regional Chair. Under separate cover, all nomination forms entered in your section (with entry fee attached) are due to the IESNA office.



March 9, 2007 Qualifying entries due to IIDA Committee, at: IESNA, 120 Wall Street, 17th Floor, New York, N.Y. 10005-4001.

Oct, 2007 IESNA Symposium; St Louis, MO

Light and Health in the 21st Century

Original Brooklyn's

January 9

An abbreviated presentation of David Keith's acclaimed workshop from the 2006 Southwest Regional Conference.

2006-2007 Upcoming Section Events

Landscape Lighting Expo

Original Brooklyn's

April 10

Our springtime expo brings the latest technology in landscape lighting, with presentations by various manufacturers on the latest in product updates.

LED Technology

Original Brooklyn's

February 13

For our winter expo, we'll have manufacturers available for hands-on demonstrations and a short lecture on solid state technology.

Lighting Quality: How do you really DO it?

Original Brooklyn's

March 20

Guest speaker Naomi Milled joins us to discuss the latest trends in lighting. This session is worth 1.5 CEU credits.

2007 Golf Tournament

Inverness Golf Club

June 8

Movin' on up, as we grow our annual golf tournament, taking it to Inverness Golf Club in Centennial, Colorado.



The Holidays aren't over yet at the Denver Botanic Gardens

Dates:
through January 21, 2007

Times:
6-9 p.m. (last ticket sold at 8:30)

Prices:
\$8 Adults
\$6 Youth (age 4-15)
\$6 Seniors (65+)
\$6 Adult Members
\$4 Senior Members
\$4 Youth Members
FREE for children 3 and under
Groups of 15+ & guests with
Facility Rental parties - \$5.50
\$1 each for HoloSpex 3-D Glasses

The holiday spirit lives on for 21 days into the new year as the Denver Botanic Gardens hosts its annual Blossoms of Light.

See the sparkling lights magically transformed into shimmering snowflakes through the lenses of our 3-D HoloSpex glasses.

Water-Smart Garden and Woodland Mosaic, highlighting the Gardens' commitment to conservation and sustainability. LED lights use 80% less energy than normal lights.

Indoors in Gates Garden Court, a captivating display of seasonal plants will be on display. Piping hot beverages will accompany savory snack offerings. There will be several food stations located throughout the Gardens. The Gardens' Conservatory will be closed during Blossoms of Light.

Denver Botanic Gardens turns into a winter wonderland as it is blanketed in dazzling holiday lights which highlight the natural beauty of the Gardens.

Over one million colorful lights draped in elegant designs will illuminate the plants and hardscapes throughout a new path at the Gardens. A variety of entertainment will be held each evening in the All-America Selections Garden outdoor heated tent, Mitchell Hall and also strolling around the Gardens.

Many new features have been added to this year's spectacle, including waterlily sculptures that will illuminate the Monet Garden Horseshoe Pool. Additionally, some of the 26 sculptures from the *Living Bronze Sculptures by Robert Wick* exhibit will be lighted and will incorporate elaborate seasonal plantings. Light Emitting Diode (LED) lighting will be introduced to the display this year, with energy-saving displays in the



IESNA NEEDS YOU!

We are looking for additional volunteers to assist us with our section activities, education programs and board of managers. Please contact us today if you would like to volunteer some of your time and skills for the July 2007 to June 2008 season.

Contact:

Mike Rogers, LC, LEED-AP
Rocky Mountain Section Membership Chairman &
Nominating Committee Chairman
mike@iesrms.org

Newsletter Advertising Space Available!

E-mail us to request our one-page flyer promoting the newly available advertising space in the *Rocky Mountain Monthly*, the newsletter of the Rocky Mountain section of the IESNA.



With close to 1,000 trade-specific readers, you can't miss out on this opportunity to endorse your services and products! E-mail us at info@iesrms.org for details.

Section Officers

President	Marla Stauth
Vice President	Jim Blakley
Secretary & Treasurer	Tyler Wise

Board of Managers

Awards Chairman	Scott Payne
Educational Chairman	David Keith
IIDA Awards Chairman	Leo Mendoza
Membership Chairman	Mike Rogers
Electronic Communications	Val Lawrence

